



(630) 627-1111

www.nightlightinc.net

Spring 2010



"For Those Who Appreciate the Difference"

FACTS of Light

The Historical Benefits of Light

- The speed of light is 671 million miles per hour.
- A rainbow is an arch formed by light that is refracted by drops of water diffused in the air. The colors can only be seen, however, when the angle of reflection between the sun, the drops of water, and the observer's line of vision is between 40° and 42°.
- The first light bulb ever created lasted 40 minutes.
- Cleveland was the world's first city to be lighted electrically (in 1879).
- The idea for using electric Christmas lights came from an American named Ralph E. Morris in 1895. The new lights proved safer than traditional candles, which often started fires.
- The first automobile traffic light was invented around 1912 by Lester Farnsworth Wire.
- On March 19, 1918, Congress finally passed the Standard Time Act, and at the same time placed the country on daylight-saving time. Many have thought that daylight-saving time was designed to give farmers extra time to work in their fields and that it was an aid to productivity, especially during wartime. Actually, daylight-saving time was created to save energy in both World War I and II.
- The light bulb allowed factory workers to work 24 hours a day, and enabled people to see in their houses a lot better and more safely than with candles.

Mitch's Message

WE HEARD YOU!

After many years of requests from our clients to take care of their lighting needs at their golf courses, clubhouses, churches, office buildings and retail properties, we are announcing that we will now service lighting systems other than our own. Vacation homes, homes of relatives and homes of friends can now be left to Night Light, so they can be enjoyed more without the headaches. This year for the first time we are offering our services to properties with non-Night Light systems. I know this will be a big relief for those who have landscape lighting, but are not able to get it repaired properly or in a timely fashion.

We are geared up to effectively service almost any outdoor lighting system. Our team of experienced designers and service technicians is available to do a "Site Walk About" and assess each site's unique lighting conditions. If necessary, a full site evaluation, complete with recommendations on ways to make the system more efficient and enjoyable, will be presented. In some cases, minor repairs are required and can be completed quickly in a single visit.

We are delighted to finally offer this service to our valuable clients.



Proud Recipients of the ILCA Silver Excellence in Landscape Award!

In our continuous efforts to provide our clients with superior landscape illumination services and designs, we are humbled to be acknowledged by the Illinois Landscape Contractors Association (ILCA) as the recipients of the 2010 Silver Excellence in Landscape Award for a singular feature. We owe this award to our wonderful clients and C.B. Conlin Landscapes, Inc. for the opportunity to create an outstanding nighttime experience in a unique backyard swimming environment. It is through our clients and referral partners that the achievement of such an award is possible. The green carpet award ceremony was held at Belvedere Banquets on Friday, March 12, 2010 in Elk Grove Village, IL.



Feed the Children

Night Light is an organization that actively participates in and gives to our community on a local and national level. One of the organizations that we proudly supported with a \$2,500 donation in December 2009 is Feed the Children. This local and international non-profit relief organization is headquartered in Oklahoma City, OK. Feed the Children delivers food, medicine, clothing and other necessities to individuals, children and families who lack these essentials due to famine, war, poverty or natural disaster. The dollars we provided were distributed on a local level to area shelters and food banks.



For more information about Feed the Children, visit their website at www.feedthechildren.org, call toll-free at 1-800-627-4556, or write to: P.O. Box 36, Oklahoma City, OK 73101-0036.

Could This Be the Same Clubhouse?

Imagine pulling up to your club one evening after being away for several weeks, and you hardly recognize the place. The landscape has been transformed into a soft ambiance of understated elegance. You realize it has nothing to do with the landscape itself, but rather the delicate moonlight shadows that are filtered through the trees onto the patios, pool decks, walkways, landscape and driveways. The trees are beaming with light, which adds a dimension you haven't experienced before.

Have you ever wondered why you don't go to the club as much in the evening? It might be that your club doesn't have any "wow factor" because it goes dark at night. Or worse yet, there is too much light and it is overpowering. What if it was just right, and elegance, sophistication, subtlety and romance were the feelings you experienced as you came on site due to beautiful landscape lighting? After all, you don't have to feel like you're under a heat lamp at McDonald's to be safe and secure as you enter parking areas and drop-off zones. These areas can be enjoyable and welcoming and still offer a sense of security with subtle, yet effective moonlight in appropriate areas.

The L.E.D. (light emitting diode) landscape lighting that is available today can make outdoor dining, major evening events and weddings a natural draw for the club while offering up to 80% in energy savings. With state-of-the-art equipment and installation techniques, Night Light can offer these new technologies at or below the old technology prices.

Please contact us to see what Night Light has done to make a difference at more than 40 clubs around the nation.



- Answers to photo puzzle on back page:
1. Fountain has been removed.
 2. One yellow flower under ornamental tree has been removed.
 3. There is more mulch around the tree in front.
 4. Rock in foreground is pointer.
 5. Blinds are open in top left window.
 6. Shutter on left side of arched window has no top cross bar.
 7. A second landscape light has been added to the left of planter with white flowers.
 8. Lower branch on right of front tree has been removed.

Achieving a More Balanced Lifestyle!

This article is the first of four short essays targeted at effective methods and ideas for generating more balance in our lives. The focus will include *physical wellness, environmental wellness, personal wellness* and *financial wellness*.

Physical wellness is the first topic to be addressed. With today's demands, it's not likely that the good old days will return, unless you buy a farm, plant a garden and raise your own animals. Not practical for most of us! There are many easy and effective things each of us can do to regain energy and balance.

The formula is: Eat right, stay active and be accountable.

EAT RIGHT

Fast food on every corner! Processed foods with little or no nutritional value line the store shelves! Here are six ways to maneuver through the maze:

- **Plan ahead.** Plan your shopping and cook food in advance.
- **Eat smaller meals more often.** Six meals per day about every three hours.
- **Keep carbs and protein balanced.** Carbohydrates supply energy, and protein rebuilds muscle.
- **Make better choices.** Grill instead of fry.
- **Use quality supplements.** Good vitamins, minerals and antioxidants are critical!
- **Hydration.** Drink 8 to 10 cups of water every day.

STAY ACTIVE

Life is motion! When things stop moving, things start dying. With technology, transportation and computers, less is required of us physically. Here are four easy ways to maintain physical activity:

- **Get a pedometer.** Take an extra 1,000 steps per day.
- **Posture, breathing, stretching.** Good for range of motion.
- **Resistance activity.** Resistance training is necessary for muscle growth.
- **Fun and fitness.** A walk, a bike ride or a game of tennis is fun.

BE ACCOUNTABLE

You would never try to run a business without a business plan. A little accountability will transform your physical well being.

- **Write it all down.** Track your activity to stay focused on your goal.
- **Forget the scales.** Pay more attention to body composition (body fat %) and inches.
- **Learn to read labels.** Information is far more available today than in the past.
- **Recruit a friend.** Challenge a friend or coworker to a contest, or to run in a marathon.

Please note that, before engaging in any new fitness program, it's important to check with your physician. Also, go easy on yourself! Not every day is perfect. As the poem states, "It's the steady constant driving; to the goal for which you're striving...that will win the victory!"

For further information, contact Dean MacMorris, Vice President of Night Light, Inc. and a partner in The Wellness Protection Program, at xsnrg2@comcast.net or (847) 464-5678.



Mark Your Calendars: Spring is Here!

SPRING FLOWER SHOW AT GARFIELD PARK CONSERVATORY

Garfield Park Conservatory
300 N. Central, Chicago

1/30/2010 - 5/9/2010

garfield-conservatory.org/shows.htm

Cure your winter blues with pinks, whites, reds and fuchsias - including beautiful hydrangeas and descendants of azaleas that were on display at the 1893 Columbian Exposition.

SPRING FLOWER SHOW AT LINCOLN PARK CONSERVATORY

Lincoln Park Conservatory
2391 N. Stockton, Chicago

1/30/2010 - 5/9/2010

www.explorechicago.org

Visit this Victorian-style glass house to see an impressive collection of palms, ferns, tropical plants and beautiful spring blooms.



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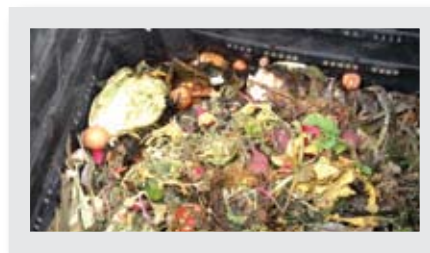


Did You Know? April is National Garden Month!

National Garden Month is celebrated every April as individuals, organizations and communities nationwide join together to recognize the many benefits gardening has to offer. If you're looking for ways to help make your community a greener, healthier, more livable place, there's no time like the present. The National Gardening Association offers these suggestions:

PLANT A NATIVE TREE – Since they're well-adapted to your area's growing conditions, native trees are less likely to have problems with weather extremes, pests and diseases.

START A COMPOST PILE – An easy way to reduce the amount of yard and kitchen waste heading to landfills while making your own valuable soil amendment for gardening.



Compost makes a great soil amendment.

JOIN A COMMUNITY GARDEN – Perfect when you want a big garden but don't have the space on your property.

PLANT A MEDIAN GARDEN – Those barren strips of grass between the road and the sidewalk can be spruced up with low-growing flowers (you may need to get permission from the city before planting).

MAKE USE OF MULCH – A layer of mulch around trees, shrubs and flower beds will reduce weed growth in those areas while decreasing watering requirements.

Can You Tell the Difference?

See if you can find the eight differences between the two photos. Answers are on page 2.

